

12/5 Workout - All

Second practice back after thanksgiving break. The first half again is working on sprinting technique and just moving faster with working on spin drill and introducing blast turns. The second half includes a mini warm up and then working on 200s pace. Due to the lack of stamina, these should be extremely difficult and as such are just working on holding a pace.

12/05 Total average set length for the practice: 17 mins. Avg. intensity: 3.8 Avg. 100 interval: 1:05				
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		300 @ 5:00	2	1:40
		8 x 75 Drill/Stroke/Free @ 1:20	2	1:46
20	950	2 x 25 Starts @ 2:00	2	8:00
		2 x First Set		
		8 x 25 Spin Drill @ 0:45	3	3:00
		4 x 12.5 Blast Turns @ 1:00	3	0:48
46	2550	2 x 50 Fast @ 1:30	5	3:00
		Bus Break	3	
		Second Set		
		8 x 50 Free @ 0:40	4	1:20
53	3000	50 Free @ 1:00	3	2:00
		2 x 4 x 200 Pace (short rest) @ 3:00		
84	5000	4 x 50 Pace (short rest) @ 0:50	5	1:40